# Women make history in County and local races



Resident
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## GOP and Banning win

Republicans swept all Montgomery County offices with the exception of the minority county commissioner which was won by Rita Banning, a Pottstown attorney from North Wales, who upset the incumbent Lawerence Curry.

A. Russell Parkhouse, winning an unprecedented fifth four year term, was the county's top vote getter with over 83,000 votes. He was followed by Paul B. Bartle of Lower Merion Township with over 75,000 votes, the two insuring a Republican majority on the county commission.

Banning became the first woman to ever win a Montgomery County Commissioners seat and she is on record opposing bringing Deleware River water in to the county as well a to the nuclear power plant in Limerick. These two issues were instrumental in her victory.

In other important county races Judge Richard Lowe was retained Montgomery County President Judge. State Representative Anthony Scirica, Chief Public Defender, Samuel W. Salus, II and District Attorney William T. Nicholas were elected judges of the Montgomery County Court of Common Pleas.

Taking over as the new DA in the county is East Norriton's Joseph A. Smyth, Jr., who won nearly two to one over his opponent Joshua Briskin.

Robert W. Godshall won similiarily over Ross Schriftman in the race for County Controller.

In the race for sheriff Fred Hill easily beat Blue Bell resident Jim Bowe.

Two other ladies joined Rita Banning as distaff office holders. Betty B. Linker won the position of Register of Wills and Flo Bloss will take over the county's Treasurer's office in January.

## Ronca landslide

Republican Joseph C. Ronca, Jr., won an impressive 3-1 victory over Democrat Art Conway in last week's election for the 6 year term of Supervisor of East Norriton Township. Receiving 1,497 votes to Conway's 489. Ronca is a man who believes in "open and honest government." "It is my firm belief," said Ronca, "that we, the residents of East Norriton, must have access to and control of our government."

A resident of East Norriton for the past 20 years, Ronca and his wife 'Pat' have 6 children and 9 grandchildren. At 58 years of age, Ronca is a WW-11 veteran who has been a salesman with Prudential Life Insurance Company for more than 30 years. He has been very active in local civic associations, currently serving as Vice Chairman of the East Norriton Republican Committee and Commander of the Norristown Catholic War Veteran's Post 1182, as well as treasurer of the Area 8 Republican Committee. Ronca is also Past President of the East Norriton Civic Association.

Republican Lewis K. McQuirns, who ran unopposed in last week's election won the 6 year term for

**See Pg. 2 — E. Norriton**

## Kirch in L. Gwynedd

It was a night where the women seemed to be taking all the glory in what prior to 1920 an the 19th Amendment to the Constitution was an all male affair. Lower Gwynedd Township like Whitpain elected their first women supervisor. Janet Kirch, a former school teacher, had beaten all Republican opposition in the May Primaries. Holding a four to one registration advantage over the Democrats, Republican Kirch ran unopposed.

Joining Kirch in victory was Jackie Schulman who won unopposed the seat on the Wissahickon School Board.

## GOP sweep U. Gwynedd

Winning an expected landslide victory in the races for four Upper Gwynedd commissioner seats were Jean DeBarth, William M. Hurni, James A. Santi and Thomas M. Dyott.

This insures an all Republican board of commissioners for the 1st class township and reflects that the residents of Upper Gwynedd are fairly well satisfied with the way things have been running.

Democrats, who suffer in Upper Gwynedd like most other places in the county from tremendous voter registration odds, ran four candidates — Frank P. Murphy, Scott J. Condello, Bruce Knoll and Elizabeth E. Seidel. Luck was not with the lady or any of the gentleman although some gains in democratic turnout were apparent from the results.

The two constable positions were won by Republicans Benjamin F. Cairns and William E. Herr. Cairns is a retired police chief and Herr is currently the Police Chief of Upper Gwynedd.

*Joyce McCliesh ran very well in District 4,*

*Also making history was Maria Olshansky to the right.*

## In Whitpain: McCliesh upsets Krum.

"We won! We won!" shouted Joyce McCliesh to her running mate Maria Olshansky when she entered on election night the home [illegible] where Democrats had assembled to the returns.

The two women made political history in Whitpain Township by upseting Republicans Robert Krum for supervisor and Charles Cannon for tax collector.

Republican Bill DeWald won easily the six year term for supervisor over Democrat Stafford Keer gaining over 1700 votes to Keer's slightly over 1000.

The GOP's Sam Scardino in the race for auditor was the top vote getter with almost 1800 votes over his Democratic opponent Fred Michini's 735.

The last Democrat to have won an election for a township slot was in the early 1920's. Since then the GOP has maintained tight control in Whitpain as well as most of Montgomery County.

[illegible] ladies had tremendous odds against them, but it was apparent that the Whitpain voters had become dissatisfied with the actions of the current board. McCliesh and Olshansky ran together as a team to "open up the township government." Although the tax collectors position has little to do with the running of the township, the strategy seemed to work, but the Olshansky margin of victory was only three votes.

The local GOP has had problems since the primary election when DeWald's place on the ticket had been challenged by Al Lewullis. Lewullis lost, but where he ran the strongest, District One, McCliesh won by over 200 votes. She also ran strong in her own back yard, District Four, [illegible] by 73 votes. In elections past the GOP could have carried the area by several hundred votes. A further break down shows that Krum did well in his own district, Three, but only won slightly in Six. McCliesh, overwhelming in One, won handily in Districts Two and Five. The unofficial totals for McCliesh were 1512, for Krum 1405.

At the two "election headquarters," the GOP at the Blue Bell Inn and Democrats at Wood's home election night drama intensified as the returns from the districts had been called

**See Pg. 2 — Whitpain**

## Five Supervisors win in Whitpain

Opponents to an additional two supervisors in Whitpain Township were soundly defeated in last week's election as 53% of the voters said yes to five supervisors instead of three.

This means that with the two new members from this election, Bill DeWald and Joyce McCliesh, and two new members from the 1980 contest, the complexion of the board could change dramatically in 1981. Chairman William Lechler still has four more years in his term, but with the change of events he could lose the chairmanship come 1981.

Early in May of this year Stan Smullen, the Whitpain Republican Committee Chairman, told *The Observer* that after the primary election one of his jobs would be to mend the fences after one of the Republicans for the six year supervisor's position lost.

Al Lewullis from Centre Square Greens had not received the committee's endorsement and decided to make a run for it on his own against Bill DeWald, from the West Ambler area of the township. DeWald had won the endorsement of the committee.

In a bitterly contested race wounds were inflicted, not necessarily between the two candidates but between two areas of the township. DeWald won the three districts in the Blue Bell end of the township and Lewullis won the three districts near Centre Square.

The township seemed to be polarized and a movement started to have the question of whether or not there should be two additional supervisors added to the township board. A committee was formed and led by Debbie JanFranscisco who had been Lewullis's campaign chairperson in May.

It seemed on the surface that it was a non political, non partisan movement, however, it was apparent that the question's yeas would come from one end of the township and the naes from the other. On election day the yes vote was strongest where the Lewullis vote had been the strongest. The opposition was strongest from the area where the current board members had most of their strenght.

Ironically, it was the current board who had voted unanimously to put the question before the public and until right prior to election none of them had stated their preference to the question. However, on election day it was apparent that two of the members, Lechler and Krum, were working against the question. The question lost as well as Mr. Krum and the split in the local GOP seems to be even deeper.

When asked about what was going to happen next May at the Republican gathering at the Blue Bell Inn election night, one of the committee persons said, "It's going to be a blood bath."

## The Timbers win Division Title with 7-1-1

Whitpain Recreation Assn. Soccer League senior division winners are the Timbers.

Coaches were Paula Stitzer, John Hollis, Bill McGee. Team members: Scott Csencsitz, Bill Baltrus, Ray Butera, Beth Davey, Jay Graham, Keith Haarmeyer, Wes Hollis, Sean McGee, Mike Miller, Deb Olszewski, Tom Pierce, Art Stitzer, Keith Wade, Eric Weiss, and Brian Yarrington.

*Bill DeWald, here with Barbara D'Arcy, was an easy winner for t Whitpain six year supervisor term over Stafford Keer.*

## Whitpain elections — cont.

in. From the democratic side the second to last district which was called in was One and hopes were high that the large plurality from that district would be enough to hold on. McCliesh was leading by 180 votes.

Meanwhile, at Republican headquarters for the night, all the districts with the exception of One had been called in and Krum was sitting comfortably with about a 100 vote edge.

At approximately the sar time in the evening the resu from the missing tabulatio were called in. At the Blue B there was hush over the roo Krum had lost One by over 2 votes and that put him 100 pl down and a loser. On Whitwo Drive District Four show McCliesh down by about 80. T lead held up and the candida cried out for the first time th evening, "We won! We won!"

## E. Norriton races — cont

incumbent auditor in East Norriton Township. "I pledge continued responsibility in monitoring the fiscal affairs of East Norriton Township," said McQuirns.

A credit manager for the Tasty Baking Company, McQuirns is a graduate of Conshohocken High School and Temple University. He and his wife Phyllis, and their 2 sons, have been residents of East Norriton for the past 22 years. At 45 years of age, McQuirns has served as Township Auditor for the past 7 years and he is currently chairman of the Board of Auditors. His other activities include East Norriton Little League and Boy Scouts of America.

Republican Pius A. Nark won a 2-1 victory last week for constable in East Norriton over John Turri, a Republican who ran on the Democratic ticket. Nark received 1,264 votes to Turri's 660. "T job of constable will have t priority in my work schedul said Nark." ". . .since I am se employed, I will be available at time." Aged 38, and marri Nark is an experienced proc server. A U.S. Navy veteran Viet Nam, he is self-employed a security consulaant. Nark is a an active member of t Republican Party.

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# Penn Square School purchase — no sale yet

By Marci Radbill

A NO SALE sign for the Penn Square School purchase was rung up again recently. The building is not for sale for $300,000 to East Norriton and the Norristown Area School District (NASD) has said so for the second time in 2 months.

At Monday's school board meeting, NASD rejected 5-4 East Norriton's price offer with the same vote that rejected their offer last month. The same five board members cast the dissenting votes, and the exact same four members voted for acceptance.

Voting against the offer were Edward Borowski, Allan Dovberg, Frank Giaccio, Elizabeth Craft, and Dorothy Skinner. Voting for acceptance were board members L. Charles Biehl, Rev. Herbert Dewees Robert Holt, and James Wood.

The school board's most recent asking price was $375,000, which was rejected unanimously at this month's East Norriton Supervisors' meeting. It was then that they requested reconsideration of their $300,000 offer, considerably lower than NASD's original asking price of $500,000. The reduction came after a reappraisal of the building was set at $330,000. Dovberg however, called this appraisal low, saying it was "affected tremendously" by anticipated rezoning difficulties for anything other than institutional purposes.

Holt called the past three years of public bartering "horse trading" and proposed a compromise of the two current offers arriving at a new asking price of $337,500. This new price received no support from the other board members.

Said Biehl, after the board's vote defeated East Norriton's current offer, "I can't get these board members to understand that when that building sits idle next year, it could be vandalized and cost them more in the long run." The building is now used as an annex to the East Norriton Middle School.

Biehl concluded the discussion by announcing that a "once and for all motion" can be expected from the township at its next school board meeting.

Perhaps that is an indication that the end of negotiations is near — one way or the other. East Norriton has made it well known that it needs the school for office expansion to solve its overcrowding problem at their township building. NASD says it fears repercussions from Norristown borough or West Norriton if they sell the structure for less than market value. With one East Norriton supervisor calling the negotiation "a waste of time," East Norriton started on plans this month to acquire a prefabricated modular extension unit. So, for NASD, it appears that time is running out and their next meeting could be one of 'Now or Never'!

# Colonials win national title

By Marci Radbill

For the 6th year in a row, Plymouth-Whitemarsh's Marching Colonials band marched off the field three Saturday nights ago at Veteran's Stadium with the national title.

Under the direction of Ronald Holly, the 210 member band defended their championship and placed first with a score of 84.05 in Class A over more than 100 competing bands in the annual tournament. They also won the trophy for the highest score of all bands competing in all three divisions plus awards for the best drum majors being given to Penny Miller and Elaine Rose.

They opened their 12 minute performance with "The Wedding Dance" leading into a rousing version of Chuck Mangione's "Land of Make Believe," and concluded with a brilliant presentation of tunes from the Broadway musical "The Wiz."

Thus far this year, the P-W Band has participated in 5 district competitions. They've placed first in 4 of them and 2nd in the other one. They are also the defending champions of state competition, and will defend that title on Saturday November 17 in Allentown Municipal Stadium. Good Luck P-W. We'll be watching and waiting.


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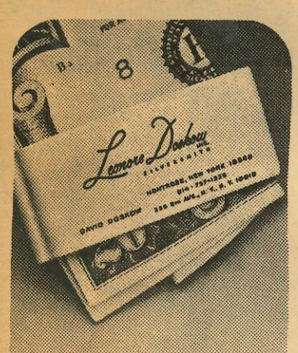


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*The Observer would like to introduce a new news column — Under the Dome by Robert O. Goodwin. Mr. Goodwin joins us with over 20 years of journalism experience and his beat will be the County Courthouse. Our continuing goal is to bring to our readers all the local news which has an effect on your lives.*

By Robert O. Goodwin

This issue of the fast growing *Montgomery County Observer* the debut of this column dedicated to bringing the readers of this newspaper the news from the county building which is usually overlooked by the metropolitan and other daily newspapers serving the Montgomery County area.

We will be looking for stories that make us laugh (or maybe smile a little), cry or frown.

We will also print informative items affecting *The Observer*'s primary circulation area (East Norriton, Lower and Upper Gwynedd, Plymouth and Whitpain Townships.)

You, the reader are also invited to submit your ideas to improve this column or perhaps to tell us about a public servent who, in your opinion, deserves recognition in print. We will also undertake investigations of allegations of wrongdoings by our public servents.

This writer attended the first meeting after the recent elections of the county commissioners and was impressed by the business like style of chairman Russell Parkhouse. Although he sat between two lame-duck commissioners, Frank Jenkins and Lawerence Curry, Mr. Parkhouse proved to this observer that commissioners come and go but the business of the county transcends all politics.

It hit home even more when was announced that co missioner-elect Rita Banni who was in the audience, had be invited in writing to attend ongoing budget sessios of commissioners. Mrs. Banni who had not yet received written invitation agreed attend.

*Times-Herald* reporter M Pesta asked Parkhouse if he included Maalox with the let inviting Banning to the bud sessions. This elicited a chuckles from the audience Banning replied witho hesitation, "I don't need Maalo

Commissioner Parkhouse th announced that the co missioners would meet Monday (Veterans Day) continue budget hearings Banning said she would be pres even though that was a holiday county employees.

The parade of coun departments across the street Montgomery Plaza continu with the approval of a 5-year le by the commissioners for Department of Veterans' Affa This will bring over $60,000 to coffers of the corporation wh has been quite successful in lur county departments across Sw Street.

Genial Duncan Forsyth, fi chief of the Montgomery Cou Training and Employm Program left his post last week take over as head of the cou payroll department replac Helen Johnson who retired.

Due to all the election cover this week we are a little short space, but look for Under Dome next week.

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# Rate hike for East Norriton Water Company

By Marci Radbill

It looks like customers of the troubled East Norriton Water Company will be in for a rate hike — their very first in 41 years.

At a meeting held last Monday in the office of water company owner Donald Nolan's attorney, Edward Kane, the state Public Utilities Commission (PUC) said they would expedite through the proper channels the request for an increase. Other area water companies charge 5 - 6 times more than East Norriton and it is hoped that this rate hike will help offset the costs of repairing the failing system. It is estimated that those costs could easily reach $55,000.

Also in attendance at the meeting were some of the 92 Washington Square Gardens residents whose homes the company services, representatives from the state Department of Environmental Resources (DER) and Keystone Water Company officials. Keystone provides water to residents in the surrounding area and has said they will consider taking over the troubled utility.

But its troubles look far from over. For 6 weeks recently, residents had to boil their water when the system was plagued with bacterial contamination. A court order and a new chlorinator fixed that, but the whole system of leaky pipes and low pressure needs fixing, and the question remains — where will the money come from for that? Keystone suggest that a financier could put up the money and as residents are connected to the newly repaired system, part or all of the money would be refunded. Unfortunately, however, it seems that in these times of tight money, $55,000 is not an easy sum to come by.

Meanwhile, there is still standing a contempt motion by the DER against Nolan, the company's owner. Montgomery County Court Judge Joseph H Stanziani, however, said on Monday he will delay taking action on it. The East Norriton Water Company no doubt has more than enough troubles than it can handle just now, without adding one more to the list.

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# Graham is finalist in Principal of the Year

James I. Graham, principal of Plymouth Junior High School, in the Colonial School District, was a finalist for the 1979 principal of the Year Award presented by the Pennsylvania Association of Secondary School Principals.

Graham, who has served the Colonial School District for 30 years, was presented a special certificate from the PASSP for "outstanding service in education and as a finalist for 'principal of the year.'"

Thomas G. Stouffer, PASSP president, said the recipient of the award was Walter Betar, principal of Altoona High School. According to Stouffer, the committee which selected the finalists and the winner "was exceptionally impressed with the qualifications of its nominees this year and found their decisions among the finalists to be a very difficult one to make."

Graham also was honored last April when he was selected as one of the recipients of the 1979 Excellence in Education Awards presented by the Whitemarsh Junior Women's Clubs.

Graham started his career in the Colonial District as a teacher in the Black Horse School. He next was assigned to the Plymouth Consolidated School and in the fall of 1953 he became a member of the first staff for the new Plymouth-Whitemarsh High School. He served as a teacher, activities director, and assistant principal in the next 14 years. In 1967, he was named principal for the new Plymouth Junior High School.

The principal is a graduate of the now-defunct West Conshohocken High School. He earned a Bachelor's degree at West Chester State College and his Master's degree at Temple University. He has completed additional studies at Penn State.

He is active in a number of professional and community groups. He and his wife live in Whitemarsh Township and are parents of two sons.

# Chief Walsh to speak

Whitpain Police Chief Jude Walsh will be the featured speaker at the November 15 meeting of the Blue Bell Area Taxpayers Association. Chief Wash will speak on his plans for the management of the Whitpain Township Police Department.

The meeting will be held in the Boehm's Church on Penllyn Pike just North of Skippack Pike. The meeting will begin promptly at 8:00 P.M. Refreshments will be served, and a fellowship period will follow the speech.

The Blue Bell Area Taxpayers Association is an organization composed of Blue Bell residents who support non-partisan efforts to promote good government in the Wissahickon School District and Whitpain Township. The group's latest project is the November 15 opportunity for Blue Bell citizens to meet their new Police Chief.

All members of the Whitpain community are invited to the meeting with Chief Walsh.

# HUNTING

HARRISBURG — Hunting rules and regulations can be obtained from Rep. Joseph M. Gladeck's district office, 6198 Butler Pike, Suite 10, Blue Bell, PA.

"The 34-page Pennsylvania Game Laws booklet outlines hunting rules and regulations, various seasons, safety tips and game limits," Gladeck said.

Persons who would like a copy of the booklet can drop by the district office or call 643-2670.

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# Turn Out Good Turn Out

With the election over the communities The Observer services should be proud of their performance and their choices. On average this area turned out a higher percentage of voters than the county as a whole. Votes did count as again in Whitpain Township one of the races was determined by approximately one tenth of one percent-three votes in our unofficial tally.

We would like to congratulate the winners and remind them that winning the the public trust is not just an election day event. In paraphrasing Frank Borman, "You have to earn your wins everyday."

To the residents of Whitpain Township, The Observer was pleased that you agreed that there was a need for five supervisors. In the months to come candidates for the two additional seats on the board will be brought to the public eye. We will try to insure fair and responsible reportage on those candidates who vie for the public's trust.

# LETTERS

The editor encourages letters to the editor. We want our newspaper to be an open forum, where responsible views and opinions can be aired. We ask that all letters be signed and your address be included.

## Recreation population growing

TO THE EDITOR:

I was amazed to read in your newspaper a letter in which Mr. C. Lewis seems to imply that a decline in school population indicates a declining need for recreation. Although the Wissahickon School District school population may be declining, Whitpain's population is increasing because of the many new developments being built. There is an increasing need for recreation not only for school-age children but also other ages such as late teen, middle age and senior citizens.

As everyone knows, Maria Olshansky has worked toward providing recreational programs and facilities for all ages. I agree with Mrs. Olshansky that the demand for recreation in Whitpain will continue to grow.

Sincerely yours,
Edith Woods
Whitpain Township

# New vehicle registration next year

Harrisburg — Rep. Joseph Gladeck is urging Pennsylvania citizens to acquaint themselves with the staggered motor vehicle registration system scheduled to go into effect March 31, 1980.

Under the new system, registrations will come due at various times of the year.

"The new system will improve the department's cash flow," Gladeck said. "And it will eliminate a one time rush of paper work and the delays caused by same date renewals by spreading the process throughout the year," he said.

Gladeck said implementation of the system will take place during the next registration period. Instead of the normal one year renewal at $24, registration periods will be staggered from six months to seventeen months. The fees will be prorated on a $2 per month basis. For example: a person receiving a registration for nine months would pay $18, a person receiving a registration for 13 months would pay $26. Upon expiration of the initial staggered period all registrations will be for twelve months at a charge of $24.

"The new system will do away with partial fees," Gladeck said. "Under the plan all new registrations will be for one year from the last day of the preceding month.

"If a person buys a new automobile or registers a car in this state for the first time let's say on the 14th of October, his registration would expire on the 30th of September the following year."

Fleet (15 or more vehicles) and truck registrations will continue to come due in May and October. Dealer tags will still expire in March.

For additional information, the Department of Transportation's Bureau of Motor Vehicles may be contacted in Harrisburg at (717) 787-3130, in Philadelphia at (215) 698-8100 and in Pittsburgh at (412) 565-5670.

# Demos pledge improvements

TO THE EDITOR:

We stressed from the beginning of our campaign the need for open government. We discussed issues and tried to keep the public informed about what was happening in the township.

We think our victory shows that residents were upset at the way township government has been conducted in the last year especially. People want a more balanced government and want open discussions concerning zoning, budgeting and on what their tax dollars are being spent.

Our victory was a bi-partisan effort. It was a people's movement much more than a party movement. The people decided they wanted more responsive representatives in government.

We are going into our elected positions with open minds. We will look into the routine operation of these offices. We have ideas as to where improvements can be made in the operation of the office of Tax Collector and in the performance of duty of Supervisor. After assuming our offices, we will attempt to implement them.

Joyce McCliesh
Maria Olshansky

## Congratulations to McCliesh

TO THE EDITOR:

I want to congratulate the sensible people of Whitpain Township, and in particular Joyce McCliesh for her victory for Whitpain Township Supervisor.

With her we can be sure there will be a new era of openness in Whitpain Township affairs, and people can feel welcome whenever they enter the township offices which Joyce will see is not referred to as private property.

And more important Joyce McCliesh will make sure that when a citizen brings up something that is a threat to the health and welfare of the citizens of Whitpain Township, that citizen will not be discredited at a public meeting (as Mr. Krum did) simply because that citizen, tired of being given the run-around by the Township, was forced to publicize the dangerous condition that apparantly was being covered up. And neither will reporters and newspapers be muzzled in their attempts to print information in the public interest and safety.

Frank R. Romano
Broad Axe

## Renovations for stations

Work at renovation of more then 25 commuter railroad stations in Montgomery County is well underway, according to a report by the County Planning Commission.

Many of the projects are to be completed this year, while some will carry over to 1980 before completion, the planners reported to County Commissioners A. Russell Parkhouse, Frank W. Jenkins and Lawrence H. Curry.

The work is being performed under contract to the Southeastern Pennsylvania Transportation Authority, with the federal government paying some 80 percent of the estimated $4.4 million cost. Actual Montgomery County funds for the project will total $140,000.

Included in the various projects are new lighting, additional parking, landscaping, shelters and platforms.

Work at the Jenkintown station is completed, while work at Elm Street, Norristown, Spring Mill, Glenside, Melrose Park, Bala Cynwyd, Elkins Park, Noble, Abington Township, Orelan, Penllyn, Pennbrook, Bethayres, Willow Grove, Ambler, Fort Washington, Roslyn, Hatboro, North Wales and Lansdale continues.

# The Betrayal of Andrew Carnegie

By Robert H. Finkel

Middle aged "boys" need heroes too. Although I didn't find him until I was in my late 20's, I must admit that "The Wee Scot" was and is one of my heroes. He grew up poor in Scotland and arrived in this country with little more than the clothes on his back. But by dint of education, hard work and thrift he became an industrial giant, multi-millionaire, and the force behind the founding of U.S. Steel. He was originator of the phrase "Find a Need and Fill It". He was the champion of the "protestant work ethic", the belief that anyone willing to pay the price of success *can* succeed, whatever his station in life. He believed in this philosophy so much that he left the bulk of his fortune to nuture and sustain it. Carnegie Tech, the Carnegie Foundation, the impetus he gave to Napoleon Hill to study and write (e.g., Think and Grow Rich) about success — all are his legacy to us and a testament to his belief. Now, I must unhappily report, his appointed keepers of the torch have snuffed it out and used its haft to stab him in the back.

Carnegie was a capitalist to the very marrow of his bones. His mistake was that he didn't restrict his philanthropy to those who would continue to serve that philosophy with fidelity. He was that certain of the rectitude of his own thinking that he failed to take account of man's unique ability to act against all reason and against his own interests. For men are philosophical lemmings. The eductional establishment to whom he entrusted the task of disseminating his cherished credo is now all but devoid of capitalists. For every Milton Friedman there is a legion of John Maynard Keynes's. The halls of ivy are not filled with practical thinkers, but rather with dreamers of every left-liberal persuasion: altruists, collectivists, statists, socialists, communists, etc.

An organization called The Committee for Corporate Support of Private Universities conducted a study of 292 chief executive officers of major corporations. About 82% stated that the academic community is "too critical of business". Some 76% reported that current social science programs are "so slanted on the liberal side as to seriously impair the future objectivity and judgmnt of college students". Finally, 77% believe that university students are "unsupportive of the market-based economic system. . ." Despite all this, 42% "definitely agreed" and 36% "probably agreed" that companies "should provide support (dollars) without interfering in academic policies and practices." Only 5% disagreed. (The rest didn't answer.) Well, my congratulations to that miniscule 5%! Old Andrew may have spiritual sons besides me. The libeals have the right of free speech — but not with *my* money. If a man has an avowed purpose to slit my throat, I'll be damned if I'll supply him the knife!

This brings us back to the betrayal of Andrew Carnegie. The Carnegie Council on Children is funded with his money. Instead of promoting the work ethic as they were charged to do, they recently published a polemic study titled "Small Futures" which concludes that their benefactor's creed is a hoax. The book is a pure, doctrinaire rehash of the liberal perspective on inequality in America: inequality in incomes and jobs keeps the disadvantaged in a state of depression; without jobs and money, the deck is stacked against the poor; thus, equal opportunity doesn't exist. The suggested solution is a well-worn list of strategies to redistribute wealth. The book is wrong on several counts.

In the first place, social and economic mobility (the ease with which one rises or falls in class, station, wealth) are continually increasing in America. This is confirmed by a study from the University of Wisconsin titled "Opportunity and Change". I am indebted to William Greider of *The Washington Post* for suggesting a fascinating empirical study: ask *your* friends 1) what they do; 2) what their father did for a living; and 3) what their grandfather's occupation was. Social mobility should be amply demonstrated. In my wife's and my case the progression runs as follows:

factory worker (cigar maker); merchant ; attorney

factory worker (hat maker); civil service worker; teacher 'Nuf said?

In the second place, I take issue with their definition of "equality". Equal opportunity does *not* mean that it is, or should be, equally ea for everyone to rise above h current station. That is t liberal's equality of *result*, and deny that it was ever part of t philosophy of Jefferson Carnegie, which says that if a m is determined to succeed, soci will pass no laws to put obstac in his path. Of course it's hard for the poor, the blacks a women. The steeper the road, harder the climb. But they make it. Many of them have. A the way is clear for any of th who accept the responsibility their own lives, and have the g and determination to pay the p for success.

Finally, I deny that taking a my wealth to give to another make either of us better. I wor hard to achieve my station in li deserve the fruits of that labo am a producer. I add to the we of society, both in the sevic render and the jobs I create secretary's for example). M many millions must redistribute before it beco clear that unearned wealth not turn a man into a produc

Rest easy, Andy. The Cou on Children may have done dirty, but there's still a lot of out here who believe in what stood for.

# "One day/One trial"

Montgomery County's new "one day/one trial" system for jurors will start in December, according to President Judge Richard S. Lowe.

The new system will shorten the length of jury service from a minimum of two weeks to one day or one trial. Montgomery will be only the fourth county in Pennsylvania to institute such a juror program.

Once the new system is started, jurors not serving on a trial by the end of their first day of service will be dismissed from further duty for the remainder of that particular calendar year.

If an individual is serving on trial at the end of the first day of service, the person must return until the trail is completed.

Presently, jurors serve for two weeks, whether or not they are empaneled on a jury for a trial. Usually, once a trial is completed, the juror will return to the jury marshalling room for additional jury selection.

Lowe called the upcoming changeover in the jury system "a substantial improvement over the current method of selection.

"The term of service is so short that virtually everyone can serve without hardship. In addition, the new system will provide the court with fresh jurors daily, unbiased by exposure to other cases, judges or attorneys."

In addition to shortening the length of juror service, the County court will be using "stand-by" jurors when the new system starts in December.

The stand-by jurors, who will receive notice indicating they are such, will be instructed to telephone a certain number after 4 p.m. the day before their service date and a recorded message will indicate if they are to report for jury duty.

"It is extremely difficult to predict the exact numbers of jurors that will be required when the summons are mailed one month in advance of the service date," Judge Lowe said.

"Use of stand-by jurors will provide a safeguard that there will be a sufficient number of jurors without incurring needless expense."

Montgomery County's concern for improvements to its jury system in 1977 when Judge Lowe inaugurated an exit questionnaire for all jurors.

Based on suggestions and recommendations, numerous improvements to the juror system have been implemented, including the showing of an orientation film, development of a map showing court house area, parking facilities, public transportation and restaurants in Norristown, and a program whereby representatives from various County departments spoke to the jurors waiting in the jury marshalling room.

# Rep. Joe Gladeck wants to strengthen two-party system

Harrisburg — Rep. Joseph M. Gladeck Jr. has introduced legislation which he says will strengthen the two-party system.

The 61st District legislator said his bill will eliminate crossfiling for school board directors and judges.

"For the past several years candidates for judges and school board directors have been permitted to file with both political parties," Gladeck said.

"This is a very confusing procedure for the voter who does not then know which political party that person is representing.

"With this lack of identification voters are denied the chance to ascertain just what views the candidate holds.

"There are fundamental differences between Republican and Democratic philosophies. The people should be able to know to which party the candidate belongs.

"I think it is counter productive to permit crossfiling."

Gladeck said by eliminating crossfiling independent voters will have more say in the political process.

"Voters who are registered independent are hurt by crossfiling because they are presented with no real choice on election day," Gladeck said.

"Independent voters cannot vote in primary elections. Yet when crossfiling is permitted this is when the real selections are made.

"During the general election, when the independent can vote, because of crossfiling, he really doesn't have any choice.

"The number of independent voters are growing in this state and their right to participate in the political process must be protected."

Gladeck said he believes that his legislation will give people more specific and diverse choices in elections.

"My legislation will further the two-party system," he said. It is ludicrous to think that crossfiling takes the politics out of the office."

# Coughlin announces TCE program

U. S. Representative Lawrence Coughlin (R-Pa.) today announced a special program to provide sources for testing and treatment of water contaminated by trichloroethylene (TCE).

The 13th District Congressman said the U.S. Environmental Protection Agency is providing the information and also will assign experts to Coughlin's mobile office for special visits to answer questions from homeowners.

Coughlin said the EPA information will include names and addresses of laboratories available for testing water samples and the names of seven home filtration systems which it has been testing.

"While the Federal, state and local governments, along with local water companies, must address the longterm problems of TCE contamintion," he said, "I believe it is essential that we provide immediate help and advice so homeowners can be assured of safe drinking water.

"EPA, which has been cooperating with Pennsylvania's Department of Environmental Resources, will afford residents the benefit of its testing and knowledge," he said.

Coughlin noted that laboratories listed and filtration devices named will not constitute endorsements by himself or EPA.

The Congressman's mobile office and EPA experts will set hours in the North Penn and Worcester-Collegeville areas where TCE contamination has shown up in local water supplies and wells.

"It's the taxpayers who are funding EPA and other public offices," Coughlin said. "I believe it is reasonable and right that the taxpayers be afforded the benefit of the knowledge gained in dealing with TCE contamination."

The mobile office, with Coughlin staff and EPA experts, will schedule hours in the North Penn and Worcester-Collegeville areas on Wednesday, October 31, and Thursday, November 1, and Friday, November 2. He said information on places and hours will be announced and supplied to residents.

Coughlin said that TCE, used extensively as a commercial solvent and industrial metal degreaser, has been established as a cancer-causing agent by the National Cancer Institute.

The Congressman said EPA scientists have suggested limits on TCE consumption: a person drinking two quarts of water with a TCE concentration of about 4.5 parts per billion parts of water is exposed to an additional cancer risk of one in one million; a level of 4.5 ppb TCE is a long term health guideline, thus indicating where concentrations are less than this amount that risk is minimal.

Of the immediate options, Coughlin said EPA suggests three courses: bottled water from about 79 cents to $1.10 a gallon; home treatment carbon filtration units, and boiling water for between five and ten minutes. He said EPA states that boiling will remove 99 percent of TCE.

Coughlin said EPA recommends testing of private wells where TCE contamination is suspected.

"My Norristown and Washington staffs have been in contact daily with EPA," he said, "and will do everything possible to assist homeowners with TCE problems."

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# TIPS ON VISION

By Dr. Gary Litman

Most people do not associate nutrition with vision. However, lack of various vitamins may cause eye problems. One of the msot prominent problems is vitamin A deficiency which may lead to night blindness. In its most severe form this deficiency can cause irreversible blindness.

The World Health Organization has labeled Vitamin A deficiency as a world wide problem and a leading cause of blindness in children. The problem is a domestic one also. Recent studies have shown as much as 20 percent of all those surveyed lacked sufficient amounts of Vitamin A.

If Vitamin A deficiency is not cleared up, night blindness will follow. This problem originates in the back of the eye. The retina has two types of light sensitive receptors; rods and cones. Cones are sensitive to colors and daylight, and rods help us to see at night. Vitamin A is necessary for the rods to function properly. Therefore, night vision requires a continual supply of Vitamin A.

The degree of night blindness depends on the degree of Vitamin A deficiency. Initially, one may experience only slight trouble seeing in the dark. This may result in difficulty adjusting to darkness or constant sensitivity to oncoming automobile headlights which may cause temporary blindness. As the condition progresses, one may complain of eyes which ache whenever he uses them at night. Reading may become painful and even daylight may cause discomfort. Sunglasses may be a necessity both at night and day. Severe deficiency causes burning, itching, inflammed eyes and eyelids. There is a discharge from the eyes at this point.

Night blindness is observed more often in males less than twenty years of age. In the United States the condition is most often found in a mild form in which one has difficulty seeing at dusk, slow adjustment to dim lights or slow recovery of vision after passing a car's headlights.

Oral administration of Vitamin A usually is the effective treatment. Night blindness is associated with cirrhosis of the liver. Night blindness also may occur as a hereditary and congenital defect.

Some sources of Vitamin A are: calve's liver, fortified margarine, eggs, butter, whole milk, green and yellow vegetables and yellow fruits. It is recommended that a minimum of 5000 units of Vitamin A is taken daily.

# MOTHERING

By Helen Roberts

**First Aid. . .**First Aid is the immediate and temporary care given the victim of an accident or sudden illness until the services of a physician can be obtained. It may mean the difference between life and death, between rapid recovery and long lasting hospitalization, between temporary disability and permanent injury. In every case, proper first aid reduces suffering and makes the task of the doctor easier when he assumes responsibilty for the welfare of the patient. First aid simply tells you what to do until the physician begins treatment.

The purpose of first aid training is evident. Experience shows that people trained and knowledgeable in first aid technique have a lower accident rate since they are usually safety-conscious. Since training in first aid teaches a person to do the right thing at the right time, the first aider is not expected to make a doctor's diagnosis, but he has the knowledge to detemine the nature of the injury and knows what to do about it until the doctor arrives. First aid, properly administered, prevents further contamination and infection of wounds. It less the likelihood of shock and he control it. Often accidents occu points far removed from med aid. So, it is all important fo person trained in first aid to kn when, and if, to move the pati in order to save a life or to pl the injured within proper med attention. Care must be taker employ the proper methods moving an injured person, so a avoid further injury.

It is important to remem that first aid is only tempor Dressings must be simple rapid. A doctor should not hav spend a great deal of ti removing elaborate dressir The most important reason the dressing is to simply keep wound free from additio contamination until it can treated by the physician.

The following gener directions are given to enable to approach your first aid prob confidently and intelligently. always a good idea to keep a g book on first aid as part of y family library. Read it, not o when faced with an emerge but look through it often. Beco familiar with the treatment different emergencies before t arrive. Store the knowledge you will know the pro treatment at the moment i needed.

1. Keep the injured per lying down in a comforta position, his head level with body, until you know whether injury is serious.

2. Look for hemorrha stoppage of breathing, poison wounds, burns, fractures, dislocations. Be sure you find the injuries.

3. Keep the injured per warm.

4. Send someone immedia to call a physician or ambulance.

5.Keep calm and do not hurried into moving the inju person unless it is absolu necessary.

6. Never give water or ot liquid to an unconscious perso

7, Keep onlookers away fr the injured person.

8. Make the patient comfort and keep him cheerful, if possi

9. Don't let the patient see own injuries.

10. Be prepared and confid Do everything you can to kn how to handle an emerge Look through your first aid b often and enjoy the knowle that you are a responsible per capable of dealing with helping another person i distressing situation.

Next week Mothering v discuss **What Is In Your First Kit?** Do you have everything need at home and in your ca handle a medical emergen Have a good week.

## Light Passag

CHICAGO—A new type Christmas tree bulb uses tra parent, colored K-Resin pla that is very efficient for tra mitting light. This allows small light source in the flu bulb to produce the effect larger bulb.

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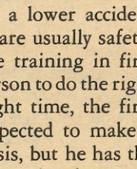


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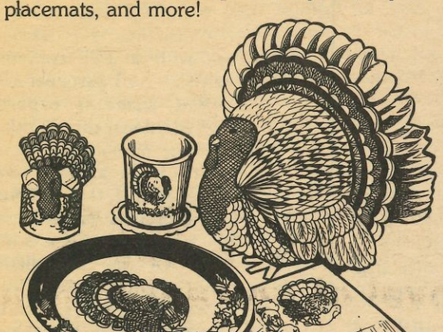

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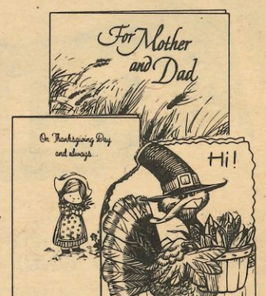


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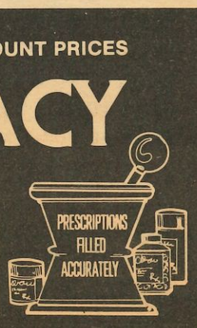

# Physical fitness for office workers

By Anthony Palmaccio, M.D.

If you work at a desk job from 9 to 5 everyday, chances are you don't get enough exercise to keep physically fit.

Each of us should hold ourselves to a planned program of physical activity and stick with it. But most working people just aren't able to find the time. If this is your problem, then try to keep fit by exercising on the job. Office workers can keep physically fit while talking on the phone, sitting at a desk or waiting in line at the copy machine.

**Exercise At Your Desk**

You can do head and shoulder exercises at your desk. They won't take the place of vigorous physical activity, but they will help relieve muscle strain and tension for those who lean over a typewriter or filing cabinet all day.

Begin by turning your head as far to the right as you can. Return head to the front. Now turn your head as far to the left as possible. Return head to the front again. Repeat this exercise 10 times and you will feel yourself begin to relax.

Next, bend your head forward as far as possible, with your chin against your throat. Move your head slowly back as far as possible. Repeat this exercise 10 times.

To relax the upper spinal column and make your shoulders supple, do some shoulder rolls. Start by bringing your right shoulder forward, then move your shoulder up to your ear without tilting your head sideways. Now go backward and down making a complete circle. Repeat 4 times, then do the same with your left shoulder. Next do both shoulders at once 4 times. Finally repeat the entire sequence.

To strengthen stomach muscles, put your arms out straight, palms down. Inhale as you pull your knees up, balance for a second, exhale, then slowly lower your legs. Repeat 5 times several times a day.

Here's another one to stimulate circulation. Draw your stomach fully in. Drop your body forward while lifting feet high. Place your feet hard on the floor, relax the stomach muscles and raise slowly upright again. Repeat 10 times.

Try this partial standing exercise to get the knots out of your knees and keep a spring in your step. Slowly raise upward from a sitting position without the help of your hands until you are standing erect. Sit down and repeat exercise 15 to 20 times.

To use the time waiting in line at the copy machine, place your feet apart and your hands behind your back. Lean forward from the hips and bounce downward ten times. Now let your whole upper body, arms and head hang loose. Bounce ten times.

These simple exercises will never prepare you for the Olympics, but they will help you feel fit. At first your fellow office workers and your boss may look at you strangely as you go through your routines. But soon they may join you when they see how your on the job performance and productivity improve.

**Walking To Work**

Walking is a valuable exercise that can be done on your way to or from work. Or use your coffee break to get in 15 minutes of healthy walking

If you normally drive to work, try parking your car about one mile away from your office. Then walk that final stretch to work. If you commute by train or bus, get off a stop or two ahead of time and walk to work or home. A mile each way per day will burn up more than a pound of fat per month. That's over 12 pounds per year.

There are other benefits as well. Walking can improve your blood circulation. The oxygen supply to various parts of the body increases and your muscle cells are better nourished. Blood pressure, cholesterol and sugar levels can also improve with a daily walking program. Most of all, the exercise will help you feel and look better.

To start yourself on a daily walking plan, try to walk the same direction at the same time each day. As your endurance improves you may want to increase the distance or speed up your pace. Because walking is a relatively mild exercise, you usually don't need to get a physical examination before you begin unless you have a medical problem.

Instead of using elevators, climbing stairs is another good exercise. If your office is on one of the top floors, simply get off the elevator early and walk up. Begin by climbing a single flight each day, then gradually increase the number of stairs you climb.

**Lunch Hour Exercise**

Exercising a little bit everyday is not as good as exercising strenuously for 30 minutes at a time, three times a week. If you have no time for exercise, except weekends, you can get your weekly workout during your lunch hour. Spend the first 5 or 8 minutes warming up with stretching exercises or stationary running. Then take a brisk 30-minute walk. For more vigorous exercise, try jogging, bicycling or skipping rope. These activities improve cardio-vascular endurance as well as muscle tone and flexibility.

If your office is near a gym or YMCA, perhaps you can reserve some time during your lunch hour to use their gym or pool facilities. Swimming is another excellent sport for physical fitness. When you complete your workout, spend another 5 or 8 minutes cooling down by walking or jogging around very slowly.

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Sacred Heart Hospital in Norristown will offer three separate series of Expectant Parents' classes Tuesday, Wednesday and Thursday evenings starting at 7:00 p.m. in Sacred Heart Hall.

The Wednesday evening classes held from November 7, 1979 through November 28th. Topics to be covered in the four lectures include "Becoming a Parent", "Mother and Newborn in the Hospital", and "Newborn and Infant Care at Home". Instructors include a nutritionist, obstetrician, anesthesiologist, pediatrician, and nursery; and obstetrical nurses.

The Tuesday and Thursday classes are for couples interested in the Lamaze method of childbirth.

Pre-registration is not necessary and there is no charge for this educational series now in its seventeenth year at Sacred Heart.

For additional information, contact the Sacred Heart Hospital Nursing Office at 275-4000, ext. 226 between 8 a.m. and 9 p.m. Monday through Friday.

* * *

Montgomery Hospital, Norristown, Pa. holds Diabetic Education sessions the first four Tuesdays of every month. They are held at 7:00 p.m., are one hour long and are free to the public.

The Diet Management session of this series is held the second Tuesday of the month.

For further information, call 631-3061 the Education Department of Montgomery Hospital.

* * *

If you are looking for a way to improve your social life, try RSVP on a Saturday night. Our organization encourages newcomers to come and enjoy and evening of conversation, group discussions and dancing. Call 646-2015 and a member of the steering committee will answer your questions and give you a complete description of the activities.

RSVP Singles meets every Saturday night at St. Dunstan's Church on Route 73 in Blue Bell. Doors open at 7:30 and the evening ends at 12:30. Door prizes are a regular feature and Theater tickets are given to lucky participants about once a month. Special events for this month include a hike a Harvest Party and a roller skating party.

* * *

The work of local fabric artist, Carole Olsen, is featured at Artisans Three Crafts Gallery in the Spring House Village Center from Nov. 9 through December 1st.

This grouping features recent pieces, and includes quilts, pillows and whimsical fabric chickens.

The Gallery is open weekdays from 10-9 and Saturdays from 10-6.

* * *

Artisans and craftsmen have returned to exhibit their expertise at the historic Peter Wentz Farmstead in Worcester Township.

Saturday November 17,crewel embroidery and rye straw basket weaving; November 18, quilting; November 24, spinning, weaving, candle making and theorem; December 1, scissors cutting and spinning.

Also, December 2, wood carving; December 8, spinning, weaving and bake oven cooking; December 9, wood block prints and candle making; December 15, rye straw baskets and theorem; December 16, quilting; December 22, fractur and crewel embroidery, and December 29, spinning and weaving.

* * *

The North Penn Chapter of The Compassionate Friends will meet on Thursday, November 15, at 8 P.M. in Maple Glen.

The group is an international non-profit organization with more than 100 chapters throughout the United States. It is a self-help group made of parents who have lost a child either through illness or accidental death. Each monthly meeting offers an opportunity for members to meet with others who can offer solace and support to each other because of their personal experience.

Those who would like further information and directions to the meeting may telephone Terry Fitzsimmons at 646-0495 or information is available by writing to The Compassionate Friends, 1241 Lois Road, Ambler, Pa. 19002.

* * *

The Wissahickon Chapter of AFS will conduct a fund drive through the School District on November 15. Members of the chapter will gladly answer any questions y may have about AFS and w distribute brochures. Watch f the members of AFS at your hou between 6 and 8:30 P.M. on t evening of Thursday, Novemb 15, 1979. They will be identifi with AFS name tags. Please gi generously.

* * *

The Wissahickon Vall Watershed Association invites interested residents of co munities bordering the Wiss hickon to attend its Associati Forum to be held in the lectu room of Germantown Acaden Morris Road and Lafayet Avenue, Fort Washington at 8: p.m. Thursday November 15. T Association Forum will be opportunity for communicati between the WVWA board a members and the community large.

* * *

"It's a Small World" is the Ther of Epiphany's Annual Christm Bazaar to be held at the C Church, Township Line & Walt Road, Norristown, Pa. — Frid November 16th, 1979 from P.M. to 10 P.M., Saturday, t 17th from Noon to 5 P.M., a Sunday, the 18th from 9 A.M. t P.M.

Numerous special features a planned which will accent t Christmas Around-the-Wor theme. The essence of holid observances in Ireland, Hawa Austria, Italy, Poland and oth colorful lands, will flavor t festivities. Visitors will be able do their Christmas shopping in atmosphere that bespeaks of the own heritage or of the exciteme of other exotic countries.

* * *

Representatives from 16 maj food service corporations w participate in an all-d "Restaurant Management J Information Seminar" to conducted at Montgomery Coun Community College in Blue B on Tuesday, November 20. Th program will be conducted Founders Hall from 9 A.M. to P.M. and again in the eveni from 6 to 9 P.M.

More information about the seminars, which are free and op to the public, can be obtained calling the College's Placeme Office, 643-6000, ext. 453 or 37

* * *

A lecture/demonstration "Matting and Framing" will presented by Robert Miller Tuesday morning, November at 11 A.M. in the Art Barn Montgomery County Communi College in Blue Bell. The public invited.

Miller, who is the owner Gallery 4 in Dreshertown, fe that "framing is an artwork all itself". As well as discussi framing, he will demonstrate h to prepare a single and double m and French matting.

* * *

The final cancer detection sessi for 1979 of the Cancer Detecti Center at Montgomery Hospit will be held from 4 P.M. Tuesday, November 20 at t hospital. Attendance is appointment only.

The center is open to persons 40 years of age or old and the studies will provide detection of most types of canc such as oral cavity, head and ne thryoid, breast, colan and rectu Females patients will also evaluated for pelvic cancer a pap smears will be given.

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# Christmas Seals

Three young Christmas Seal artists and Charles Schulz, the creator of "Peanuts," last week were welcomed in the Oval Office by President Carter in a ceremony marking the national kickoff of the 1979 Christmas Seal Campaign of the American Lung Association. Escorting the yougsters and Mr. Schulz to the White House was G. Gordon Beck of Dallas, president of the nationwide voluntary health agency.

Earlier today, Jenny Chesser, 10, of Austell, Georgia; Lorna Garrison, 10, of Washington, D.C.; and Brian Owens of Kingsport, Tennessee and 19 other young Christmas Seal artists from across the country attended a world film premiere at the White House of "Charlie Brown Clears the Air." The educational film was created by Charles Schulz, who is national chairman of the Christmas Seal Campaign against lung disease. "In the film, Charlie Brown's team loses its 901st game when Lucy misses a fly ball because the pollution is so thick she can't see," says Schulz. "So Charlie Brown, on Lucy's advice, goes into the classroom with American Lung Association materials and urges everyone to clean up the air."

Produced by the American Lung Association with support from the Environmental Protection Agency, the film will be available soon to schools across the United States. With help from the EPA, one-half million copies of the complete storyboard of the film also will be distributed to school children. "Charlie Brown Clears the Air" was created at the studios of Lee Mendelson, Burlingame, Ca. Milton Robertson of the American Lung Association served as executive producer.

This year's Christmas Seals are miniature versions of paintings created by children two years ago in a nationwide classroom project, kindergarten through third grade, cosponsored by the American Lung Association and the National Art Education Association. Fifty-four paintings, one representing each U. S. state plus Guam, Puerto Rico, the Virgin Islands and the District of Columbia are reproduced on the seals.

Theme seal for the 1979 campaign is Jenny Chesser's painting of a snowman with a wide grin. The seals are sent to 60 million homes to support the fight against asthma, emphysema, and other chronic lung diseases, as well as smoking and air pollution.

This year's seals celebrate the 75th anniversary of the lung association, organized in 1904 to fight tuberculosis. Today the organization combats chronic breathing diseases which afflict 47 million Americans.

*The State Christmas Seal for Pennsylvania was created by Ann Marie Smith of Norristown.* Ann joined over 20 other Christmas Seal artists from as far away as Alaska on a VIP tour of the White House. Ann delivered an early Christmas present to the Carters, 18" hand crocheted red, white and green Christmas stockings. These intricately made stockings were created by Ann's 80 year old grandmother, Mrs. Gertrude Tyson of Norristown.

Ann's original painting now is displayed with the 53 others at the Environmental Council Building on Jackson Place across from the White House. The paintings will remain on exhibit until the end of the year. It was here that Charles Schulz personally had a press review of his aforementioned air pollution film. The New Jersey winner, Anneke Conijin of Moorestown, and Delaware winner, David Jacobus of Wilmington joined Ann and others on the tour of Washington aboard a London style double decker bus.

# Toma at Wissahickon

David Toma, the former New Jersey cop, one-time professional baseball player, ex-heavyweight boxer, and the man referred to by law enforcement agencies as "one of the greatest law enforcers of all time", comes to Wissahickon High School on Tuesday evening, November 20 at 8 P.M. He turns on a part of you that drugs and alcohol can never reach — that part of you ruled by love and caring. His philosophy is simple and straightforward: "Without love, you don't have a thing." Toma doesn't work from prepared speeches or even notes. His style is free-wheeling and he gets an audience response rearely seen anywhere. He's hit the bottom, growing up on the streets of Newark, one of 12 kids from a poor family. But he found a way out and shares it with his audiences. He shares it in a way that has made him THE greatest motivational speaker in America today — no other speaker today can make that claim.

David Toma is a tough cookie — he served on the Newark Police Force for almost twenty years; he made over seven thousand arrests; he was hospitalized more than thirty times for almost every injury imaginable; and he never fired his service revolver in the line of duty. Two major television series (TOMA and BARETTA) were modelled after his life. And now the movie TOMA is in production, about the man and starring the man as well. He's been there — to the bottom. He believes in innate human goodness and tries to bring that out in all of us. He turns people on in a way that has made him the number one motivational speaker in our country. His life is his story and he shares it with you when he speaks.

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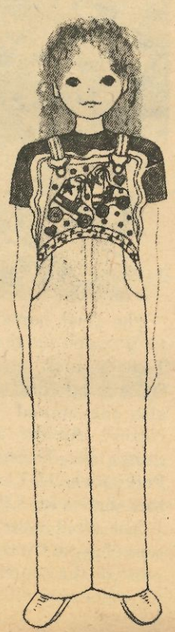

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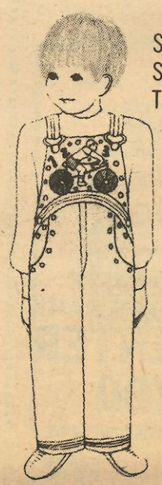

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*Jamie Wynder makes a dash for the goal line.*

# Trojans come from behind

By Barry Schickling

The final home game of the 1979 season for the Wissahickon Trojans took place at Trojan Stadium last Friday night. It was also the annual 'homecoming' contest. Amidst all these nice things, the Trojans beat Upper Perkiomen, 13-7, and kept alive their hopes for a .500 season.

The final score indicates the type of game it was—close. In fact, most of the contest, it was close the other way, with the Indians on top.

Upper Perkiomen got their one score early in the game, capitalizing on a Barry Clark fumble on the first possession of the tilt. The Indians then started a drive on the Trojan 48 and racked up a couple of first downs before fullback Dave Moser took a handoff from quarterback Andrew Cichocki and rambeled in 18 yards for the tally. Three minutes into the game after the PAT, the Indians had finished their scoring for the evening.

It's not like they didn't have any more chances. Later in the first quarter Wissahickon's Steve Jennings had trouble handling an Indian punt and Kevin Stahl recovered the spheroid at the Trojan 22.

As the second quarter began a couple of Moser pops moved the Indians to within spitting distance of the goal line. But inside the 10, on third down, Cichocki rolled to his right, could not find anyone open, then moved back to his left and threw, right into the hands of defensive lineman Keith Oeste who lumbered all the way down to the Indian 41.

Tony Calamaro, playing his last game in front of the home folks, then got an opportunity to put on a nice display behind an offensive line that was jumping off the ball. He ran for two first downs but got the call on fourth and three from the 12. He got two and the Indians got the ball back.

After the ensuing Upper Perk punt, the Trojans started a long drive behind two Calamaro runs, one of which was of 30 yard length. Jennings then tried to throw from the option play, wound up running instead and moved the ball to the Indian 5.

Time was running short though, and runs by Calamaro and Clark could get the ball only to the six-inch line before the half finished with Wissahickon having plenty of possession time but no points.

The third quarter followed much the same pattern. But during this time the Trojan defense became an important force. Gavin Lentz had a big third down sack of Cichocki and the remainder of the defense held the Indians to one first down in the quarter.

Meanwhile, the Trojans held the ball most of the period in a drive that moved form their own 40 to the Upper Perk 4. But the Indian defense got tough when it had to and kept its shutout going into the fourth quarter.

On the second play of the final period though, senior quarterback Cichocki looked to complete a swing pass to the weak side. It wound up in the hands of the Trojans running back-linebacker, who had been having trouble scoring all night, Tony Calamaro, and he galloped fifteen yards uncontested. Bill McCarrick's conversion tied the score.

Another big Lentz sack on the next series forced a punt and gave Wissahickon the ball once again. This time they would not be halted. Quarterback Jamie Wynder engineered a fine drive using the talents of Calamaro and sophomore halfback Warren Grimes. Steve Jennings got the glory going in from the 9 and the scoring was complete at 13-7.

The Indians did give it the old college (high school?) try at the end after the Trojans couldn't kill the clock. With two minutes to go, they started on the Wissahickon 44. A couple of Moser runs sandwiched between completions to Mike Kemp and Todd Swenk moved the Indians to the 16. But at fourth and five, the Trojans held and the Trojans had moved their league record to 3-4-1 (4-5-1 overall).

All that remains after the conquest of Upper Perkiomen, (3-5, 4-6) is the annual Thanksgiving Day match that this year will take place in Lansdale against North Penn. And also remaining will be the opportunity for a few more nice things to happen before the season comes to a close.


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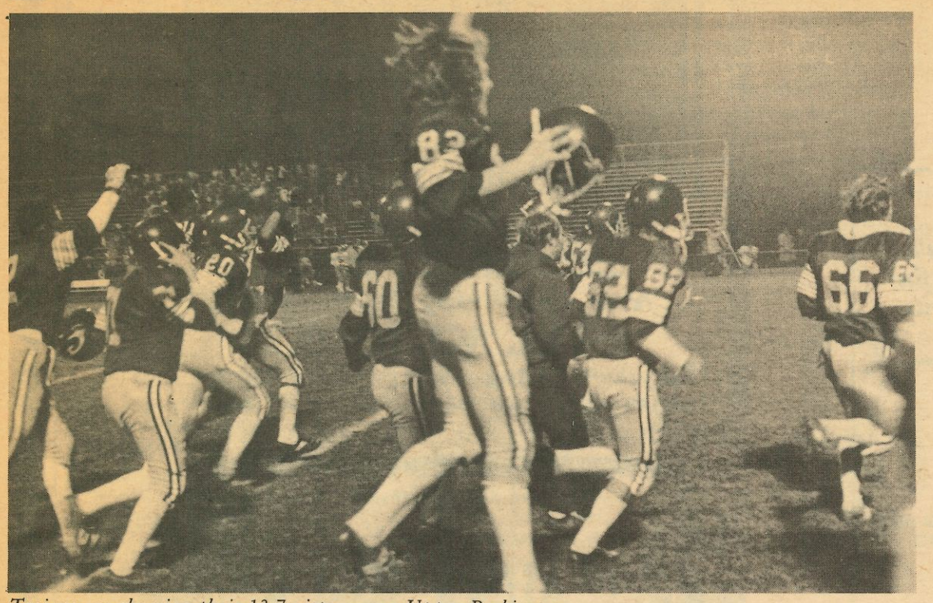
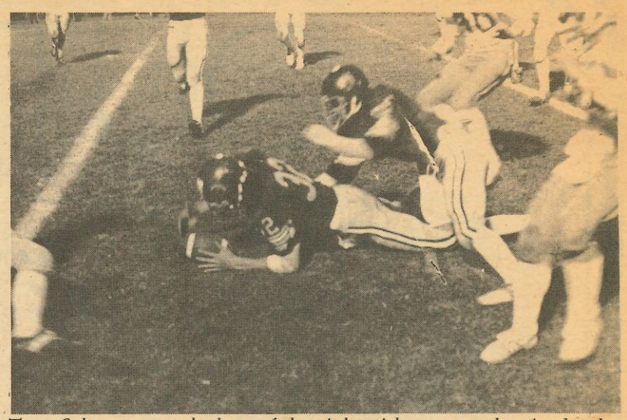


*Trojans are cheering their 13-7 victory over Upper Perkiomen.*



*Tony Calamaro was the hero of the night with many yards gained and a very big interception which scored 6 for the Trojans.*

## Frank Folk—19 winning seasons

By Barry Schickling

The 1979 cross-country season is over. It is common knowledge that the Wissahickon girls team finished third in the state meet a couple of weeks ago. But what about the 'other' team? The boys group? You might suppose that because the girls team got all the notoriety this past season, the boys did not have much of a year. Not so. For although the boys cross-country team did not get to the state championship meet this year, as always, they had a winning year.

Frank Folk has been the boys cross-country coach at Wissahickon High School for the last 19 seasons. In those years the team has never finished lower than fifth place. In fact this group of Trojan runners has never even had a losing season. This year showed a 9-3 record overall (7-2 in the Bux-Mont League) and there were really only two reasons that the boys team didn't make it as far as their female counterparts. Those reasons were North Penn and Central Bucks East.

The only dual meets in league competition that the Trojans lost were to these two teams. They wound up third in the Montgomery County meet, third in the William Tennent Invitational and third in the Bux-Mont League standings behind you know who. What made things even more frustrating is that one of Wissahickon's most dubious records continued this season. The boys cross-country team has never beaten North Penn. Not at least since Frank Folk has been coach.

"Yes, I guess it's sort of been a monkey on my back," says Folk. "Sometimes we come so close to beating those guys. Once we were ahead with our two top runners, coming up to the track (near the end of the race) and one of our guys passed out and the other lunged for the finish line. Something always seems to go wrong when we run against North Penn."

It's not like Wissahickon can't win the big one though. A couple of years ago when the Trojans competed in the class B (now AA) championships, because of a lower school enrollment, they won the state championship against more than 30 other teams.

Unlike many other strong teams though, the Wissahickon group has what looks like a solid future ahead. Two of this years top runners, Keith Ryales and Scott Landis, should be returning next year as juniors. In addition, another pair of juniors-to-be, Tom Hickey and Eric Marple along with Andy Lexa, who will be a senior next year, should keep the Trojans in their normal first division standing.

Coach Folk says that Central Bucks East will lose much of their team to graduation this year. If that knocks the Patriots down, that means two teams will remain to strive for the crown in the Bux-Mont League. North Penn, a team with plenty of youth and depth and Wissahickon, a team that has never beaten the 1979 champions.

The coaching philosophy of Frank Folk must be a successful one because it has given the Trojans many second and third place league finishes over the years. He believes that, "the kids should enjoy the sport and have fun, not just work hard." But many of them do work hard. There are members of the team who run with the winter track squad and many of the cross-country runners in the autumn are track team members in the spring.

As they run during the next ten months the guys on the squad will certainly be giving next season's cross-country team much consideration. And Frank Folk will be giving it much thought too. However, you get the impression after a while that Folk might almost trade a few wins for one big victory over the perennial adversary. "I'm going to have a great big party when we beat North Penn," says Folk. With the determination of a team with such a successful reputation and past history as Wissahickon's, that party might not be too far in the future.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# Recipes from Afar

*Switzerland*

After cheese, what? Switzerland is one of those countries with a few well known specialties that tend to overshadow the rest of a flavorsome cuisine. It is easy to think that cheese and fondues and quiches are the sum of Swiss cooking. Actually, they're only an introduction.

It is true that much of Switzerland's less publicized cookery borrows heavily from its French, German, and Italian neighbors, but the inquisitive palate soon finds many flavor differences. For example, *Bernerplatte* — one of the more important main dishes in Switzerland — takes its inspiration squarely from the *choucroute garni* of Alsace. But, while the Alsatians insist on flavoring their sauerkraut with caraway and juniper, the Swiss often use nutmeg instead of the caraway and add more juniper berries. Nutmeg, incidentally, is decidedly Swiss. They tuck some into many different meat dishes and love it for vegetables; a nutmeg-flavored spinach souffle is a characteristic Swiss flavor secret. The meats of the *Bernerplatte* are different also, since the Swiss will use just about anything on hand, along with various native sausages. Along with meats and kraut, they may include boiled potatoes or their very distinctive *rosti* potatoes (usually cooked potatoes shredded, formed into patties, and fried to a golden crispness).

Naturally, the Swiss use their great cheeses for flavor, too, not only in fondues (with a dash of nutmeg) but quiches and the dish they call *raclette*.

Glazed, open-faced sandwiches are another favorite throughout Switzerland. Seasoned butters — various combinations of herbs and spices — are spread on small squares or rounds of thinly sliced bread, then topped with meats, fish, or vegetables, and glazed with an aspic. Onion rolls are a favorite, especially with soups.

While cheese fondue is most famous and traditional, beef fondue — another Swiss innovation — has added to the country's culinary reputation throughout the world. The flavor secrets in this idea are found in the savory sauces that accompany the fat seared beef cubes. All sorts of spicy, tangy concoctions are offered, along with curry mayonnaise, mustard sauce, minced onion, cracked pepper, and capers.

### Swiss Potato Croquettes

2-1/2 cups water
1 cup milk
1 cup instant potato powder
1-1/2 teas salt, divided
3/4 teas ground nutmeg, divided
1/8 teas ground black pepper, divided
1/2 cup grated Swiss cheese
1 egg yolk, beaten
Flour as needed
1 whole egg
2 tbs water
1 teas salad oil
1 cup dry bread crumbs
1/4 cup grated Parmesan cheese
Oil for frying

In a medium saucepan bring water and milk to boiling. Remove from heat. Beat in potato powder, 1-1/4 teaspoons of the salt, 1/2 teaspoon of the nutmeg and 1/16 teaspoon of the black pepper. Add cheese and egg yolk. Beat and stir over low heat until mixture comes away from the sides of pan. Coo! slightly. Shape into approximately 15 balls. Dredge with flour. In a small bowl combine whole egg mixture. Roll balls in bread crumbs mixed with Parmesan cheese and remaining 1/4 teaspoon salt, 1/4 teaspoon nutmeg, 1/16 teaspoon black pepper. Deep fry in oil preheated to moderate (350 Degrees F) for 2 to 3 minutes or until golden. Yield: 16 balls.

# MY FAVORITE RECIPE

*The Observer* would like to share with its readers your favorite recipe. With the upcoming holidays culinary arts will be shifting from the exquisite cuisines to mom's kitchen and good old fashion home cooking.

Next year about this time *The Observer* hopes to have accumulated enough good tasting dishes to publish a cook book available to our readers.


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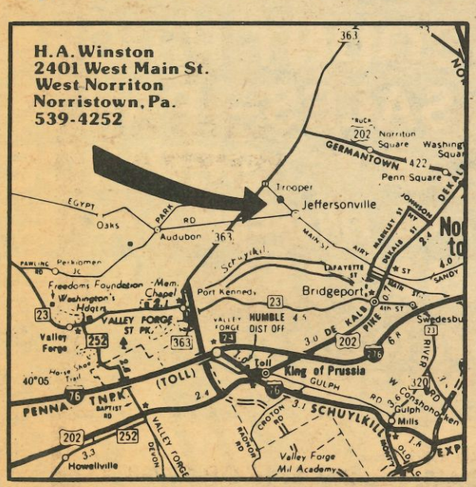



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# Rice Bread for Special Diets

A bread made from rice flour would make life a little easier for people who must restrict their diets for reasons of health. Patients with hypertension, nephritis (inflamed kidneys) and digestive difficulties, for example, would benefit from diets that include rice bread because rice contains low levels of sodium, protein, fat and fiber, and high amounts of easily digested carbohydrates.

Moreover, celiac victims (people whose small intestines react to certain proteins in wheat, causing pain and malabsorption of nutrients) can safely eat rice bread because rice does not contain these particular proteins. Thus rice bread would provide these people with another food, adding more variety to their diets.

The major problem that had to be overcome before rice bread could become a reality was finding a suitable ingredient that would act as gluten does in wheat bread. Gluten traps the leavening gases produced by the yeast during fermentation thereby allowing the dough to rise. Chemically leavened rice bread recipes are available, but these breads do not have the texture or taste normally associated with yeast leavened breads.

Researchers at the Western Regional Research Center (800 Buchanan Street, Berkeley, CA 94710) found that a gum, hydroxypropyl methylcellulose, served as an effective substitute for gluten. Previous work at the Center and in other laboratories indicated that methylcellulose would work in other nongluten breads, such as sorghum breads and starch bread (containing no protein).

Methylcellulose is already approved as an acceptable food ingredient.

Food technologist Kazuko D. Nishita, as part of her work for a M.S. degree, created a rice bread recipe using yeast and methylcellulose. This yeast-leavened rice bread has color, flavor, and texture similar to conventional breads.

Mrs. Nishita, working with ARS food technologists Robert L. Roberts and Maura M. Bean, and University of California food chemist Barbara M. Kennedy, found that refined vegetable oils were more effective than fat for improving the overall quality of the breads. Hydrogenated shortening and dough conditions normally used in wheat breads to improve quality had the opposite effect on rice breads. Because high levels of oil can be used, caloric content can be increased, making the bread useful for people on certain restricted diets, such as modified protein diets.

Studies presently underway are aimed at identifying rice varieties that have good baking properties and developing a mix suitable for preparing rice bread at home.

# The first year: the most hazardous

Barring unforseen disaster, three-quarters of the American babies born today can expect to live to be 65. One-quarter should even make it to 85. It is the first year of life that remains the most hazardous period until age 65.

In one recent year, for example, almost 70,000 youngsters under the age of 15 died; 50,000 of them were in their first year of life.

According to the American Lung Association, respiratory disease is the leading cause of death for babies in their first year. Respiratory disease for children in general causes more disability and deaths than any other illness.

During 1979, the entire world has focused on children and how to improve their physical and emotional well-being. Says Jean Young, the head of the U.S. Commission on the International Year of the Child, "We want to celebrate childhood in all its incredible beauty. We want to enjoy and love our children. We want to highlight their achievements and glory in their accomplishments. We want to learn to love and appreciate children from diverse and varied cultures throughout the world and know the beauty of this diversity."

Preventing and treating children's lung disease is one of the priorities of the American Lung Association. And this fall the Christmas Seal people are redoubling their efforts to prevent more lung disease by encouraging a smoke-free generation.

To help the American Lung Association, now celebrating its 75th Anniversary create a future for children that is free of lung disease, answer your Christmas Seal letter. It's a matter of life and breath. For free literature, contact the local American Lung Association, 1529 DeKalb Street, Norristown or call 279-7900 or 735-2200.

# East Norriton Park & Rec plans winter week-end

East Norriton Parks and Recreation Department is sponsoring a Winter Weekend trip to the Rocking Horse Resort Ranch in the Catskill Mountains February 22-24. In one day you can ski, ride, skate, slide and swim. The Resort has over 100 horses to take you for exciting winter rides on picturesque trails. A novice ski area at the resort insures that you'll get a good start in learning how to ski. There is also transportation provided to two nearby ski areas which includes Ski Minni and Hunter Mountain. Other activities at the resort include tobaggoning, ice skating, sleigh rides, wild catting, ski joring, snowmobiling, swimming, disco/rock party and much more.

Included in one low price is round trip deluxe bus transportation, 2 nights lodging, 4 meals, 2 breakfasts, 2 dinners, use of ski equipment, use of ice skates, wildcatting, ski joring, wine and cheese party, admission to rock/disco party, gratuities, New York State tax, and services of tour personnel to assist.

Space is limited and will be given on a first come first served basis. A $25.00 deposit is required by January 18, 1980. For more information and registration forms call Larry Brown, Director of Parks and Rec. 275-2800.


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# Academy aps deadline

U. S. Representative Lawrence Coughlin (R-Pa.) announced today that November 30, 1979 is the deadline for submitting applications for the class entering the service academies in July, 1980.

Eligible to apply are high school students from the Montgomery County and Roxborough-Manayunk areas of the 13th Congressional District. Applicants must be 17 to 22 years of age before July 1, 1980.

The Congressman said students interested in the Army, Navy or Air Force Academies should contact his local office immediately at 607 One Montgomery Plaza, Norristown, Pennsylvania 19401.

All applicants are advised to specify academy preferences when contacting the Norristown office. Coughlin said all details will be provided on college entrance examinations, supplying of high school transcripts, and presenting a letter of recommendation.

All application requirements must be submitted by the end of this month and will be evaluated by the Congressman's 14-member non-partisan Service Academy Selection Board. Nominations will be made to all three academies, said Coughlin, who noted the final determination on offering appointments is made by service academy officials.

"I am especially proud of the board's procedures which have proven outstanding," he said. "Candidates of the highest caliber have been nominated and their abilities have been demonstrated.


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# Drugs and the Elderly

PHILADELPHIA, PA—Americans live in a youth-oriented society and continue to have a sterotyped view of the infirmities of old age. This is due in part to the universal fear of aging and dying and also to the fact that we tend to separate our old people from the rest of society.

The number of people over age 65 in the United States, however, will increase by 50 percent over the next thirty years, from 23 million to 34 million. This growth rate is three times faster than that of the general population.

Although aging is accompanied by a decline in the function of many bodily systems, old people in many instances are capable of leading independent, useful and satisfying lives. Admittedly, science has not come up with any workable way to prolong life,but it can definitely improve the quality of life for the years we do have.

Negative ideas about aging can be changed by educating the public about the process of aging and the capabilities of old people. Currently there are few physicians in this country who are expert in the field of aging, but medical students, interns and residents are beginning to receive instruction in gerontology and geriatrics. This will help insure that our old people receive the same care and concern that our infants have long had from specialists in pediatrics.

Experts in these new fields of geriatrics and gerontology are studying the differences between the normal aging process and diseases of old age so that they can recognize disorders more clearly and treat the elderly more effectively.

For example, significant changes take place in the heart and blood vessels of old people. These must be recognized by their physicians in assessing their heart rate and blood pressure. The decreased capacity of the aging liver to metabolize drugs adequately and/or the inability of compromised kidneys to excrete drugs completely into the urine enhances the possibility of drug poisoning among the elderly. A blood sugar level which may be indicative of diabetes in a younger adult may be perfectly normal for an old person. Older people have different sleep patterns from younger adults. They do not sleep as deeply nor have as many dreaming periods, and they awaken more frequently during the night.

Some of the illnesses seen more often in old people than in younger adults are diseases of the heart, blood vessels and kidneys, cancers, arthritis, diabetes, psychological and behavioral disorders. Parkinsonism also occurs frequently. These maladies exact a great cost from our society economically and in terms of human suffering. Multiple disorders are almost the norm in old people, who frequently take medications for each illness and symptom. When several drugs are taken at the same time, interactions may occur, resulting in adverse or toxic reactions. To prevent drug interactions from the practice of polypharmacy, prescriptions used by the elderly must be monitored carefully by their physicians. Some physicians request that patients bring all their medicines to each office visit for review and discussion. It is good practice for patients to inform their physicians what drugs are being taken whether or not the doctor asks for the information.

Nearly one-fourth of all drugs in the United States are consumed by old people, who take, on the average, a total of 5.6 prescription and nonprescription drugs per person at the same time. Old people, however, often absorb, distribute, metabolize and excrete drugs in a different manner and at a different rate than younger adults or children.

Many problems that older patients experience with their medications result from difficulties in vision or hearing rather than the lack of understanding. Patients should ask their doctors to explain drug dosages carefully, slowly and in simple words and to reinforce these explanations with clearly written directions.

Here are some specific ways that elderly patients can help their doctors monitor their medications:

1. If you have trouble swallowing tablets or capsules, ask your physician if the medication is available in liquid form. If a liquid is prescribed, make certain to have a proper measuring device and use the same one every time.

2. You may save money by finding out if your medicine can be prescribed by generic name rather than by brand name.

3. Answer your physician's questions honestly. Doctors obtain personal information to help their patients with their health problems, not to make moral judgments.

4. Always consult your doctor before refilling your prescriptions. You may need an adjustment of dose schedule, a different medicine, or perhaps you don't need to take the old medication anymore.

5. Don't take leftover drugs from a previous illness. Medications may be deteriorated or the labels faded or you may misjudge your symptoms. Even though

**Continued on Next Page**


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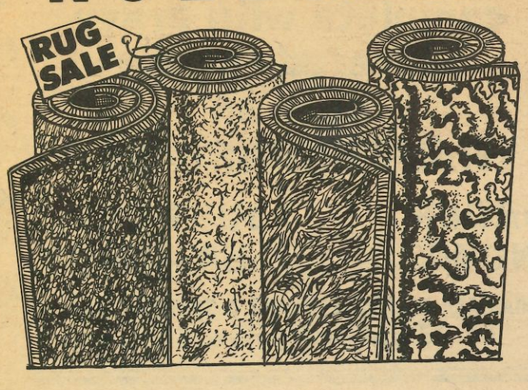


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## Drugs and Elderly — continued

symptoms may seem similar to those for which the drug was originally taken, the causes may be different, or you may have forgotten why the drug was prescribed.

6. Don't borrow or swap medicines among your friends. Even though your neighbor appears to have the same symptoms that you do, it is dangerous to take other people's medications.

7. Don't double up on dosages if you forget to take your medicine or if you are going to bed early. Drugs must be taken in the required doses at the specified times to help you, but a missed dose is usually less dangerous than doubling.

8. Don't carry several drugs in the same container.

9. If you don't understand your doctor's directions, after you have brought your prescription home, call his office for further explanation. Doctors are glad to help patients with their questions.

10. The habitual use of aspirin by older people frequently causes stomach irritation and sometimes gastric bleeding, especially if it is used with coffee or alcoholic beverages. If you take aspirin, drink it with a glass of liquid, preferable milk, to minimize stomach irritation. People who have ulcers or gout, or those on oral antidiabetic medications, *should consult* their doctors before taking aspirin. Aspirin slows blood clotting, so that patients with bleeding *disorders, those using* anticoagulants or people scheduled for surgery should not take it.

11. Many drugs besides aspirin, such as sedatives, sleep inducers and tranquillizers, have a heightened effect when they are mixed with alcohol or caffeine. Be sure to tell your doctor if you drink beer, wine, whiskey or coffee, tea and cola drinks and if you use tobacco.

12. Laxatives and antidiarrheal compounds can cause differences in absorption of prescribed drugs. Tell your doctor if you use these nonprescription medications.

13. Use antacid preparations with caution. Seltzers contain large amounts of sodium, dangerous to people on salt-restricted diets, those using diuretics (water pills) or drugs for heart disorders. Antacids may also mask the symptoms of a stomach ulcer. If indigestion strikes more than once every two weeks, or if it is associated with shortness of breath or vomiting, see your doctor.

NOTE:

This feature was written by Paula B. Goldberg, Ph.D., assistant professor of pharmacology at the Medical College of Pennsylvania, with Barbara E. Stephens, staff writer. Dr. Goldberg graduated from the Columbia University College of Pharmacy and received her Ph.D. in pharmacology from the Downstate Medical Center of the State University of New York. She took postdoctoral training at the Columbia University College of Physicians and Surgeons, Downstate Medical Center and Medical College of Pennsylvania. An expert in pharmacogerontology, she is currently researching the effects of aging on cardiovascular physiology (function) and on cardiovascular responsiveness to drugs. At the same time, Dr. Goldberg is publishing a series of research articles, reviews and monographs on pharmacogerontology; developing curricula for medical and graduate students; and lecturing on this subject at symposia and other scientific and lay meetings both on a national and an international level.

Professor and chairman of The Medical College of Pennsylvania's department of pharmacology is Jay Roberts, Ph.D.

## Job openings for Older Adults

A senior employment service sponsored by the Montgomery County Office on Older Adults has many job openings available to County residents 55 years of age and older.

Claire Caffrey, employment coordinator for the County office, said the federally-subsidized part-time work program is aimed at low-income older adults in order to gain new skills or refresh old ones.

Presently, older adults enrolled in the program are working at senior citizen centers, libraries and social service agencies in clerical, maintenance, library, bookkeeping and dental assistant duties.

Interested applicants should contact Miss Caffrey at the Office on Older Adults, One Montgomery Plaza, Airy and Swede Streets, Norristown, or telephone 278-3607.

According to Miss Caffrey, job openings which are available in various parts of the County include:

—light maintenance or janitorial work, daytime work, 20 hours per week;

—nurses aides, dietary aides at Horsham convalescent home;

—expeienced bookkeeper for accounting office in Jenkintown;

—office work at Glenside cab company;

—office work at Huntingdon Valley country club;

—marketing, sales work for Flourtown office equipment and vending machine company;

—light janitorial work in Souderton;

—stockroom work for electronics firm in Plymouth Township;

—game room attendant and security at Valley Forge Sheraton;

—weekend cafeteria work at County Youth Center West Norriton Township;

—office aide for Norristown law firm.


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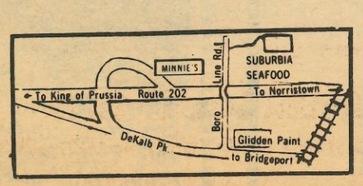


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# "Heating with wood" at Montco

A very topical subject, "Heating Your Home with Wood" will be discussed in a two-hour seminar to be presented on Monday evening, November 12 from 8 to 10 p.m., at Montgomery County Community College in Blue Bell. Preregistration will be required for this program, which will be limited to 25 participants. A fee of $3 will be charged.

Speaking of this topic will be Michael E. Tolle, President of Future Heat, a solar energy and wood stove firm, which is a division of the Tolle Construction Company. During the seminar Tolle will discuss: how to lower heating costs; radiant heat; the construction and efficiency of fireplaces; types and suitability of firewood; types of woodburners and installation principles; and fire safety. His lecture, which will include a slide presentation, will be followed by a question and answer session.

*Is This the Time to Install a Solar Hot Water Heating System?*

A second energy seminar, dealing with the cost and feasibility of installing a solar hot water heating system, will be presented in two sessions on Tuesday, November 13, (2-4 p.m. and 7:30-9:30 p.m.), in the Science Center Auditorium. The public is invited to attend either session free of charge.

Speaking on this topic will be Jack F. Meeker, program manager for the solar domestic hot water program, Northeast Solar Energy Center, (NSEC) Cambridge, Massachusetts. Meeker will demonstrate how it is possible to save over $1,000 of the installed cost of an average system through government grants and incentives. His lecture will also cover the history, collectors and other components work; how they are installed and how a system a contractor should be selected.

NSEC is one of four region centers funded by the Departme of Energy to accelerate t commercialization of sol energy. The November 13 seminar is the third solar ener program that the communi college has presented this year a community service, in cooper tion with NSEC.

These seminars are under t direction of Dr. Warren Mi coordinator of MCCC's ener saving program. In addition providing a variety of worksho at the College, relating to t subject, Dr. Mild is also availab to speak to Montgomery Coun clubs and organizations o "Energy Saving in the Home Winter and Summer". A reside of Blue Bell, Dr. Mild also serv as a part-time English lecturer MCCC.

# Energy conservation at Courthouse

Efforts by Montgomery County governmental officials to conserve energy at the County Court House in Norristown has resulted in large savings in the use of fuel oil and electricity.

County Commissioners A. Russell Parkhouse, Frank W. Jenkins and Lawrence H. Curry, in light of the nationwide energy crunch, earlier this year ordered strict conservation methods in all County-operated buildings, including the Court House in Norristown.

"And it has paid off very handsomely," Parkhouse said. "Thanks to the concerted efforts of many County employees, we have saved 50 percent in fuel oil and 25 percent in electricity charges thus far this year compared to similar periods last year."

To honor Court House employees who are actively participating in the County energy conservation program, some 65 received "Watt-Watchers" certificates from the Commissioners indicating their involvement by being responsible to turn off lights daily in unused areas of their respective offices.

Following U.S. Department of Energy regulations, the County conservation efforts have also involved the Pennsylvania Energy Extension Service, a program of the Governor's Energy Council.

According to Court House records, some 2,100 gallons of fuel oil was used in the first nine months of 1979, compared to 4,100 gallons in the same period last year.

During the three summer months of 1978 — June, July and August — electricity charges to the Court House totaled approximately $80,000, compared to a cost of some $60,000 during the same period of 1979.

In a recent letter to F. J. Hutta, plant engineer at the Court House, Bruce W. Mixer, a technical specialist from the Energy Extension Service, said in part: "I continue to be impressed with the County's energy program at the Court House."

Mixer indicated that he would use methods undertaken by the Montgomery County officials "to make other local governments and courthouses aware of what can be done in energy conservation.

According to the Commissioners, the savings in fuel oil has been realized via a lowe steam pressure and a lowe water temperature to 80 degre from the normal operatin temperature of 140 degrees.

It was noted by plant engine Hutta that normal hot water only being used in the phot processing department of th County detectives, the reco microfilm office and i lavatories.

Parkhouse hailed the effor of the County staff an employees in energy conserva tion.

"This is only the start of a on-going program to conserv energy," he said. "We do n intend to rest on our laurels, b to keep the program going to c our share in saving fuel an electricity use which will sav County taxpayers money."

# Christmas Bazaar

The annual Christma bazaar at the Montgome County Geriatric an Rehabilitation Center, Upp Providence Township, will b held Nov. 30 and Dec.1.

The Center's Craf Department will se handmade articles an ceramics made by the gues at the center.

Mrs. Rose Shott, cra instructor at the Coun institution, said that outsi craftsmen wishing t participate are asked t contact her at 948-880 extension 233, for inform tion about available space.


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*Left to Right: Delores Esmonde, Sandi Lutz and Nancy Hein, all with Hoopes Realtors, Blue Bell, comprise the Bulletin Committee of the soon to be formed Lansdale Chapter of ABWA. Betsy Maykut (not pictured) also of Hoopes is Chairperson for this Committee.*

# Park ground approved

U. S. Representative Lawrence Coughlin (R-Pa.) reported today that his legislation to add 682 acres to Valley Forge National Historical Park has been approved by a key subcommittee as part of a combined park measure.

The 13th District Congressman, who testified previously for the acquistion, said the Interior Subcommittee on National Parks and Insular Affairs approved the Valley Forge addition which has local government support.

Coughlin said his measure was combined with a bill to acquire a Western Pennsylvania park for establishment as a National Historic Site.

The Congressman said he expected the full committee to act soon.

Although full committee approval is needed before the bill can be reported to the House floor, Coughlin said the subcommittee action — unless circumstances are unusual — indicates it will be considered favorably.

The Coughlin bill called for adding acreage, most of which is north of the Schuykill River, to the Valley Forge park. Some 60 acres in Chester County are south of the river.

The Legionville park consists of 22 acres in Beaver County and is reputed to be the site of the first military training camp in this country.

Cosponsor of the 1976 bill that transferred Valley Forge park jurisdiction to the Federal Government, Coughlin said the National Park Service favored his legislation.

The acquisition would include the 155-acre Fatlands estate in Lower Providence.

Although the Office of Management and Budget had opposed his bill, Coughlin had argued that the land had to be acquired quickly or it would be disposed of for residential and industrial development.

In addition to the land to be acquired, Coughlin said another 130 acres of developed land in Montgomery and Chester Counties would receive scenic easements.

The park is the site of the 1777-78 encampment of General George Washington and his Continental Army.


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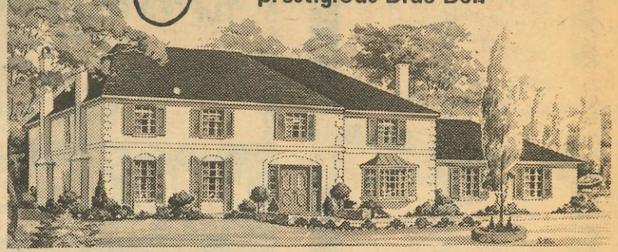


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*Commissioners receive plaque and certificate for Wentz Farmstead as top ten tourist attraction. L. to R.: Marvin Beans, chief of restoration; Com. Frank W. Jenkins; Mrs. Jane Markley, president of County's Convention and Visiting Bureau; Com. Larry Curry; Albert T. Gamon of Wentz; Com. Russell Parkhouse, and Bettina M. McGarvey.*

# New trial notices soon

Some 1,600 Montgomery County residents will receive notification early in November for service in the new "one day/one trial" jury system starting in the County December 3.

The new system will shorten the length of the jury service from a minimum of two weeks to one day or one trial.

Under the present two-week term of jury service, 300 jurors are summoned for jury duty every two weeks.

The increase in the number of summons mailed to prospective jurors is because jurors will be serving only one day or the length of one trial, then dismissed from further jury duty that calendar year.

"Because the jury pool will be changing daily, the County must summon a larger number of residents in order to meet the anticipated demand," according to President Judge Richard S. Lowe.

In addition, the County court will be using "stand-by" jurors when the new system starts in December.

The stand-by jurors, who will receive notice indicating they are such, will be instructed to telephone a certain number after 4 p.m. the day before their service date and a recorded message will indicate if they are to report for jury duty the next day.

Judge Lowe said that notification of jurors will be made approximately one month in advance of their jury service, i.e. January jurors being notified in December, February jurors in January, etc.

It was also stressed by Judge Lowe that because of the shorter term of service that residents will be required to perform as jurors, the number of individuals to be excused from jury duty will likewise be reduced.

"Previously, some 50 percent of those summoned for jury duty were excused from serving," Judge Lowe said, "However, with the new system, we will only be excusing those who can prove an extreme hardship.

"The length of service will be so short (one day or the length of a trial, usually no more than two-three days) that virtually everybody should be able to serve without hardship," Judge Lowe said.

# Norriton Fire Company News

Lou Mincarelli, President of the Norriton Fire Engine Co. called the monthly meeting to order on Wednesday October 3, 1979 at 8:00 p.m. with 38 members in attendance.

George Bernardo, Fire Chief, reported that his volunteers responded to 26 alarms in September with 599 men in service for 16 hours. This represents 413 man hours of service for an average of 23 men and 36 minutes per alarm. The volunteers received assistance from other companies 12 times and the West Norriton ambulance responded with the firefighters 4 times and the Plymouth ambulance 6 times.

Chief Engineer Clarence "Bob" Henning reported that the Norriton trucks made 68 individual trips, traveled 393 miles and used 219 gals. of fuel. Six Smoke Ejectors were used, 665' of booster hose, 332' of 1-1/2" hose, 200' of 2-1/2" hose, and 300' of 3" hose. He also stated that the following men were added to the drivers list or qualified to operate additional five vehicles. They are Mike Brumbaugh, Sam Cagliola, Buddy Henning and Joe Pfizenmayer.

Mark Krier, head of the Fire police, reported that the fire police responded to 26 alarms with 137 men in service for 17 hours. This was an average of 5 fire police per alarm. The fire police also answered 6 mutual aid calls with 34 men for 4-1/2 hours.

In other company business, Joe Pfizenmayer the delegate to the State Convention for the fire company, gave an excellent report to the Fire Company on the meetings he attended at the State Fireman's Convention held in Reading, Pa.

A nomination committee of Joe Rothwein, George Myers and Hank Carnavale was appointed to seek members for elected office within the fire company. Nominations will be presented to the company at the November meeting, the election will be held at the December meeting. Any member eligible to seek elected office within the fire company and wishing to do so is asked to please contact a committee member. This December election is an extremely important election for the Norriton Fire Engine Co. An election which will determine the future operations and organization of the fire company. All elligible voters are reminded that December 5th is election night, and that if there are any questions concerning their eligibility they should contact the Eligibility Committee as soon as possible.

The next monthly meeting of the Norriton Fire Engine Co. will be Nov. 7, 1979. Members of the Board of Trustees are reminded that the next Trustees meeting will be Thursday evening November 1.


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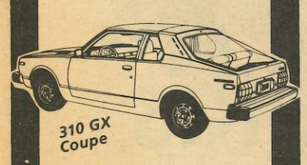


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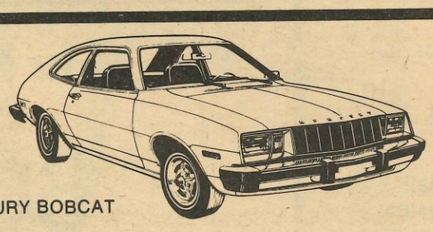

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# Coughlin says fuel oil supplies O.K.

Three-quarters of the fuel oil dealers in the 13th Congressional District report heating oil supplies are about the same or higher than the comparable period last year, U. S. Representative Lawrence Coughlin (R-Pa.) announced today.

The second fuel oil survey by Coughlin of dealers in his district showed a marked improvement in available supplies over the first telephone poll ending the week of September 7.

At that time, 72 percent of the dealers reported that their supplies were less than the same time last year.

The new figures reflect Administration statements that oil companies have reached the stockpiled goal of 240 million gallons of heating fuel in reserve.

Coughlin said that 43 of some 50 dealers in his district responded to the survey. He said they serve some 45,000 households.

Noting his concern over escalating prices of heating oil, the Congressman offered an amendment — adopted without opposition — to a House-passed bill to insure that fuel assistance also would apply to eligible renters and condominium owners who pay fuel through increased rentals and condo fees.

Coughlin language in the committee report to the bill also was included to insure that eligible low income families who pay fuel bills would receive equal treatment in receiving fuel assistnace as those who failed to pay their bills.

Levels of aid range from $200 to $400 annually depending on the category of Federal aid in which eligible families fall.

The Senate has approved a similar bill which, like the House measure, includes other heating sources besides oil. The differing versions must be reconciled by a House-Senate conference committee.

In reporting other figures from his latest survey, Coughlin said only one in four dealers said his supplies are lower now as compared to the same time in 1978.

The Congressman said 15 percent anticipate fewer supplies this winter than last. Seventeen percent report constantly changing projections from suppliers and five percent anticipate more supplies. The remainder project the same amount of supplies this winter as last.

Coughlin said 43 percent noted an increase this year in customers over 1978. Seventeen percent said their list of customers declined. The remainder said the number of patrons remains about the same.

A third survey will be taken at the end of December.


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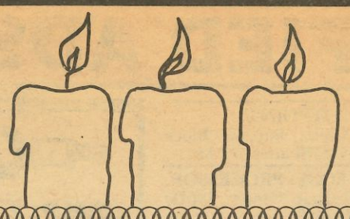

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